# POW/MIA VIGIL RUN/WALK 3 JULY – 4 JULY

- Commencement: 0700
- Shifts begin, Vigil Run/walk time: 0730
- WHO: Open to ALL!
- DRESS: Civilian attire, PT uniforms of all branches, organizational shirts, combat boots, ALL HIGHLY ENCOURAGED!
- Can sign-up as groups or individuals with choice of run/walk
- Can't run/walk? Want to help? VOLUNTEER!
- POC: Lt Yazdandoost @ 228-7

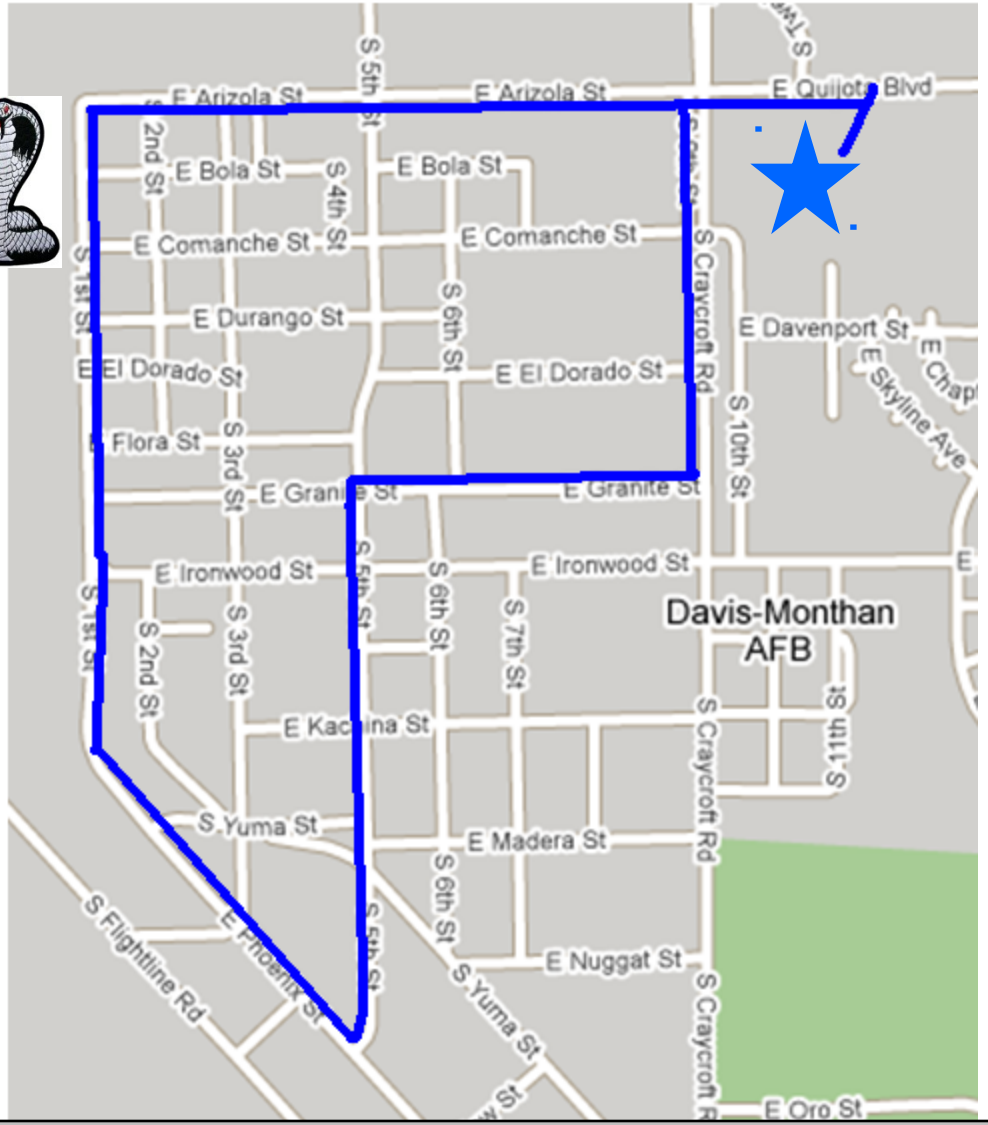
# Location and Route

***Runners*:**

- **5K route**
- **~10 min mile = 30 min; can run more if back in 30 min**

***Walkers*:**

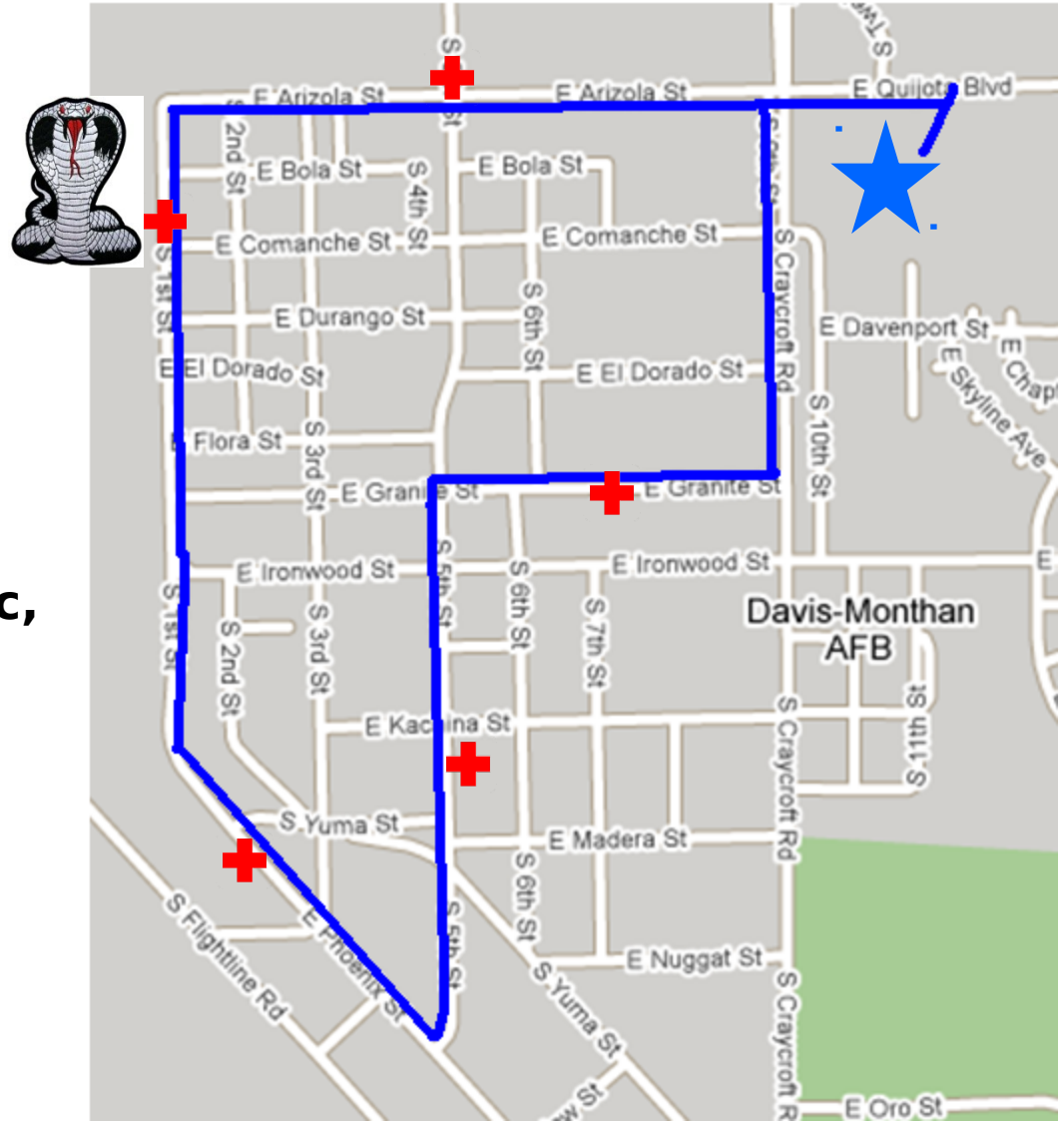
- **15 min one direction on route, turn around & 15 min walk back to memorial**




**Runners need to complete route in 30 min**

# Safety

- (6) water stations in shade
  - 0730-1630:
    1 every .5 mile
  - 1630-0730:
    1 every 1 mile
- 10x10 canopy at Heritage Park
  - Water, snacks, music, etc…
- Path indicators
  - Lights/signs/cones…
- CPR certified personnel manning stations at all times
- Reflective belts available to borrow if needed



# How to Register

- **Go to Davis-Monthan Home Page @ www.dm.af.mil and click POW/MIA Vigil link for schedule/registration**

**OR**

- **Email: POWMIArun@dm.af.mil with times you'd like to run**

**OR**

Davis-Monthan Air Force Base - Home - Microsoft Internet Explorer provided by USAF
http://www.dm.af.mil/
Davis-Monthan Air Force Base - Home
Davis-Monthan Air Force Base
INTEGRITY - SERVICE - EXCELLENCE
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Sidewinders
Military Appreciation Night
Military Appreciation Night is scheduled to be held at 2500 E. Ajo Way at Tucson Electric Park June 13.
The Tucson Sidewinders game against the Colorado Springs Sky Sox will start at 7:00 p.m., and the gates will open at 5:30 p.m.
To view the video clip click here.
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Davis-Monthan News
D-M exceeds AFAF goal
Archdiocese for military services visits D-M
New Web-based notification process for separation actions
Feeding the troops
Dining facility closed June 7
Security Forces protects combat resources
Recent Video Clips
Recent D-M Video Clips
To view past video clips click above.
D-M News Notes
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Park University Summer Term
The Park University Summer 2008 term begins on June 2. Registration is in progress, with the last day to register being May 30th. For more information stop by the Park University office in the Kennedy Professional Development Center, call 748-8266 or e-mail davi@park.edu.
If you would like to submit a request for a News Note, click here.
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Base Events Calendar
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Desert Lightning News
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Current Issue
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Mission Spotlight
24 hr POW/MIA Vigil Run/Walk
To see available times click below
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